




WEEK OF: Nov 11-15, Dec 2-6, Jan 7-10, Jan 27-31, Feb 17-21,

 <b>LAUREMONT LOWER SCHOOL AUTUMN/ WINTER MENU 2024/25</b> 						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>W e e k  1</b>	<b>Soup</b>	Indulge in Freshly Homemade Soups-One Meat, One Vegetarian Available During Every Lunch				
	<b>Main</b>	Butter Chicken Steamed Basmati Rice Petit Pois	(Suitable for Vegetarian) Rotini Pasta Pomarola Sauce Cheesy Garlic Breadsticks Mediterranean Vegetable Medley	Baked Chicken Cutlets Country-Style Potato Wedges Heirloom Carrots	Baked Salmon Katsu Steamed Jasmine Rice Baby Bok Choy	Chicken Souvlaki Dina's Tzatziki Sauce Steamed Little Potatoes Green Bean
	Gluten-free, plant-based, and dietary needs alternatives are available for the main hot meal.					
	<b>Options</b> <small>Available at Hot Meal Station</small>	(Suitable for Vegetarian) Gnocchi with Basil Pesto Grilled Portobello Mushroom	Rosemary Sage Pork Roast Sheet-Pan Winter Squash	(Suitable for Vegetarian) Roasted Vegetable Enchiladas	(Suitable for Vegetarian) Lentil Shepherd's Pie	(Suitable for Vegetarian) Mediterranean Feta Artichoke Flatbread Pizza
	<b>Salad/Deli Bar</b>	Romaine Heart & Arugula Rainbow Salad Toppings Corn Avocado Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Turkey & Cheddar Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Ham & Cheese Sourdough	Iceberg & Mesclun Salad Rainbow Salad Toppings Sama's Specialty Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Salami & Havarti W/Wheat Bread Egg Salad W/Wheat Sandwich  Feature Sandwich Buffalo Chicken Wrap	Romaine Heart & Arugula Rainbow Salad Toppings Cucumber Kimchi Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Ham & Cheddar W/Wheat Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Mozzarella, Tomato & Prosciutto Sandwich	Iceberg & Mesclun Salad Rainbow Salad Toppings Artichoke Tomato Salad Crudites & Fresh Cut Fruits Cream Cheese & Multigrain Bagel Turkey & Cheddar W/Wheat Bread Egg Salad W/Wheat Sandwich Feature Sandwich Multigrain Turkey Club	Romaine Heart & Arugula Rainbow Salad Toppings Mediterranean Legumes Salad Crudites & Fresh Cut Fruits Cream Cheese & W/Wheat Bagel Salami & Havarti Multigrain Bread Tuna Salad W/Wheat Sandwich Feature Sandwich Mediterranean Grilled Veggie Wrap
	<b>Dessert</b>	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Special Treats

NOTE: Milk and water are provided with every lunch

During every lunch period, each classroom gets a cold plate of crudites, cold cut turkey, assorted breads, sliced cheese and cream cheese